

# Liquid Calories

Many beverages contain sugars, fats, and alcohol which can be major sources of calories. For weight control, it is better to eat calories rather than to drink them.

**Water is the best beverage choice because it has no calories!**

## **Limit Sugary Drinks: Instead of...**

Regular soda  
Sweet tea

Coffee with sugar

Fruit drink, cocktail or punch  
Lemonade

## **Choose...**

Diet soda  
Tea, unsweetened or with artificial sweetener  
Coffee, unsweetened or with artificial sweetener  
100% fruit juice with no added sugar  
Diet lemonade



## **Limit High Fat Drinks: Instead of...**

Milkshakes

Whole milk, 2% milk  
Half-and-half, creamer

## **Choose...**

Low fat yogurt/fruit smoothies  
1% milk, skim milk  
Fat-free half-and-half, 1% milk, skim milk



## **Limit or Avoid Alcohol: Instead of...**

Regular beer  
Wine  
Mixers

## **Choose...**

Lite beer  
Wine spritzer  
Sugar-free mixers or seltzers



N17 Version 3.0

<https://www.us.army.mil/suite/page/248187>